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Rationales of Global Veg Diet

in 6 equations

As per jungle law and natural food chain humans are Omnivores (depends on other animals and plants) unlike Carnivores (depends on animals only) and Herbivores (depends on plants only). However humans who have adopted their food intrinsics mostly through land cultivation are still considered Omnivores because of their dependence on different animal products. While Carnivores and Omnivores are considered as non-vegetarians, vegetarians are being distinguished all around as below.

Strict Vegetarian Food : = Vegetarian Food — warms/insects or eggs/fishes based ingredients — gelatin/lard/tallow (meat byproducts) — venomous or fungi/herbi/insecti/pesti cides particles — poisonous substances of plants like stone fruits seeds, ackee fruits, cassava roots, bamboo shoots — carnivore plants — things subject to Controlled Substance Act like anesthetics — absorption of ungrown minerals like asbestos/arsenic and lead/quicksilver etc. — inedible thorns, splinters, detritus, petro products' particles — allergens/irritants like indigo/vermillion/whitewash-lime — ingestion of narco-weed vegetation beyond medical needs

Vegetarian is some times defined in a very irresolute structure. E.g. as per definition of "vegetarian meal"; food for passengers may be prepared with allergy concerns but deficiency consideration and with unavoidable ingredients to be more inclusive or convenient. This may include Non-GMO &/or Organic Foods grown using dead worms/animals matter, waste from meat processing (bone/blood meal), whole dead fish etc in natural fertilizers. As an act of kindness, leaving Herbivores out of meat dependency justifies jungle law as vegetarians (humans) don't eat vegetarians (animals) but the Carnivores so grazing non-primate mammals may be considered for cattle/dairy business and supporting vegetarianism. {avoid killing not only sacrificial animals at wedding but any animals at any occasion}

Zen Vegetarian Food : = Strict Vegetarian Food — allium bulb roots and their species like scallion, shallot, leek and chives — unnatural ripening agents/fertilizer/preservative used food — asafetida and most of strong flavors spices

Vegetarianism followed in Zen diet is a unique veg diet equation as its selection of non-fetid naturally grown herb based diet. Being sensitive to smell flavor for selection and preparation of food, natural Herbivores who are olfactory food perceivers closely resemble to it. Being more specific in its selection it includes five tests i.e. sweet, sour, hot, bitter & salty; five colors i.e. red, yellow, green, white & black, and five ways of cooking style i.e. fresh, boiled, steamed, roasted and fried without electric cooking. Monastic responsible Tenzo follows concept of asceticism and a pattern of three bowls with no strong flavors food, balance of yin-yang and green tea with butter which are prime features of the healthy diet. Among its linguistic variations of vegetarian food which are 'sùshí zhūyì zhě', 'tsagaan khoolton', 'chaesigjuuija', 'walang karne', 'd`ô:n chay', 'nak ahan', 'buos', 'Mąngšwiŗąti', 'saatsaatlwat', 'Nirāmiṣa' and 'nirmāṁsa'; dialectic meaning varies from no meat to fasting food while 'syouzin/fucha ryouri', 'zhāicāi' and 'sach'al ūmsik', are synonymic of monastic cuisines.

Another Zen variation available through creative cooking provides artificial meat, mock fish which is made from tôfu, kao fu, agar, konnyaku, and (wheat gluten cake) saiten. This imitation helps Omnivores turn into Vegan by providing mimics of different non-veg meals.

It reflects the desire of escaping birth & death cycle by escaping the vicious cycle of eat and being eaten by other living beings in food chain.

Vegan Food : = Strict Vegetarian Food — honey — dairy products — any other animal byproducts like enzymes etc. — ashes of any dead creatures

Vegan-ism is very strict and persuasive consumption of non-animal products only. In broad sense Omnivore humans go Herbivore here. It includes each and every edibles things derived from grown vegetation, fortification of vitamins and ungrown minerals like salt but nothing from animals, insects etc. Moreover places where foods are grown in, fertilizers being used must be absolutely free from any dead/alive animal products/byproducts. Even newborn Herbivore primates have milk but vegans as post developed Herbivores consume plant milk and vegan cheese, etc. If fortified synthetic vitamins made with raw material from alive animal byproducts, it is not considered Vegan. An amazing 'check to see – list' of unknown ingredients whether or not to consider the prepared food as Vegan is available on following link : http://www.veganpeace.com/ingredients/ingredients.htm

Even olives, if ripen by fermentation with milk derived lactic acid, become non-Vegan. An article about its detail understanding must not be missed is available here —> " Vegans: The Herbivore Humans ".

Vegan Vegetarian Food : = Lacto Vegan Food — allium bulb roots i.e. onion, garlic and their species (teary & stinky roots) — alcohols — tobacco — everything from any intoxicant vegetation (e.g. hemp seeds) — synthetic ergogenic i.e. synthetic steroids/hormones/creatine/caffeine — ash/charcoal out of minerals/vegetation beyond medical needs [Lacto Vegan Food = Vegan Food + non-primate Herbivores' milk and its products — animal derived enzyme/rennet cheese; Same as a regulated standard symbolized as green filled circle in green square]

Like Vegan, this stage doesn't consume any visible motile creature but also concern about nutritions like proteins, vitamins, minerals, fibers and few carbs. Though may not be considered as true Vegan, it does not promote dairy industries adversely like Vegan but supports domesticating registered non-primate Herbivore mammals by providing grass, shelters and protection while obtain wool, milk in favor but don't procure leather, silk etc. Securing Herbivores does not mean keeping Carnivores away from their food; as Carnivores can have other Carnivores for food who are preying for it. E.g. Humans do not protect small fishes in ocean eaten by other big fishes. Like Vegan Food, bacteria are inevitable. This stage is against harming/abusing animals more like vegans and concerns about slave/cruel like operation/production conditions of humans/animals.

Jain Food : = Vegan Vegetarian Food — most of the geophytes i.e. bulb, corm, tuber, tuberous and tap root vegetables + some rhizome roots sparingly (e.g. turmeric) — sprouted/malted grains/legumes — testa-less reciprocally touchy multi-seeds veggies and fruits like brinjals(eggplants), figs, poppy seeds etc. — spinach — aqua veggies — vinegars — monera/protista/fungi i.e. mold, mildew, moss, mushrooms, yeast etc. [many breads/veg cheese use yeast/algae based fermentation]

This stage is to avoid parasitic/parasitized sessile and vegetation ingrowing proliferative organism of up to molecular size. It also believes that all necessary nutrients for a healthy human body are realizable without ingesting any motiles sized to microorganism. It avoids xenobiotics and does not promote/demote pro/anti biotics. dry/hydrate are graded in fresh, preserved and fermented in timed steps consecutively where last step is avoided. It follows Non-Violence as a core principle where mercy starts from one towards own self.

Dietary in Jainism : = Jain Food — milk/curd/buttermilk/yogurt with legumes (or with certain cooking direction) — putrid raw/stale food, rancid cooked, re-cooked food (decomposing period is considered generally 6 hours after first cooked) — un-roasted salt — bleached food — complete/partial burnt food — unfiltered, unboiled water — having food during sunset to sunrise — all leafy greens (having chlorophyll pigments) during certain lunar phase

Dietary would be further scrutinized based on seasons, different places, during fasting times or observation of auspicious days and around the year as per different events, rituals and vows. While one must neither be forced to eat deceived/secrete ingredients or against own will for any reason nor waste food; other must neither have prejudice against refusal to eat nor doubt one's abstinence. This stage is about what to eat only, when, where, how, how many times, how long moreover what must not be eaten. It may also include rules of made by/for whom or not, when, where, with what /whose tools /utensils; how it was prepared, served, received and if utmost care is taken to be considered as truly non-violent by landowners /suppliers, farmers /producers /foresters, importers /exporters, transporters /packagers /distributors, advertisers /marketers, wholesalers /retailers, vendors /purchasers, makers /bakers /servers, donators /donees, and dieters /foodies. This stage believes that one's mercy towards own self is in controlling, ceasing and wining over own hunger with least dependance on others for it. In addition to core principle of Non-Violence, dietary also prevails "cruelty-mercy free" principle towards own self and others.

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